

# Cal Track and Ruby Tuesday's Invitational

Saturday, March 23, 2019

Moanalua High School

| <b><u>Field Events</u></b> | Order | 1st Call                    | Last Call | Event Start |
|----------------------------|-------|-----------------------------|-----------|-------------|
| Discus                     | Boys  | 2:40 PM                     | 2:50 PM   | 3:00 PM     |
| Discus                     | Girls | To Follow Boy's Discus      |           |             |
| Shot Put                   | Girls | 2:40 PM                     | 2:50 PM   | 3:00 PM     |
| Shot Put                   | Boys  | To Follow Girl's Shot Put   |           |             |
| Long Jump                  | Boys  | 2:40 PM                     | 2:50 PM   | 3:00 PM     |
| Long Jump                  | Girls | To Follow Boy's Long Jump   |           |             |
| Triple Jump                | Boys  | To Follow Girl's Long Jump  |           |             |
| Triple Jump                | Girls | To Follow Boy's Triple Jump |           |             |
| High Jump                  | Girls | 2:55 PM                     | 3:05 PM   | 3:15 PM     |
| High Jump                  | Boys  | To Follow Girl's High Jump  |           |             |
| Pole Vault                 | Girls | 1:10 PM                     | 1:20 PM   | 1:30 PM     |
| Pole Vault                 | Boys  | To Follow Girl's Pole Vault |           |             |

| <b><u>Running Events</u></b> | Order | 1st Call | Last Call | Event Start |
|------------------------------|-------|----------|-----------|-------------|
| 100m High Hurdles            | Girls | 4:10 PM  | 4:20 PM   | 4:30 PM     |
| 110m High Hurdles            | Boys  | 4:20 PM  | 4:30 PM   | 4:40 PM     |
| 100m Dash                    | Girls | 4:30 PM  | 4:40 PM   | 4:50 PM     |
| 100m Dash                    | Boys  | 4:40 PM  | 4:50 PM   | 5:00 PM     |
| 1500m Run                    | Girls | 4:50 PM  | 5:00 PM   | 5:10 PM     |
| 1500m Run                    | Boys  | 5:05 PM  | 5:15 PM   | 5:25 PM     |
| 4 x 100m Relay               | Girls | 5:20 PM  | 5:30 PM   | 5:40 PM     |
| 4 x 100m Relay               | Boys  | 5:30 PM  | 5:40 PM   | 5:50 PM     |
| 400m Dash                    | Girls | 5:40 PM  | 5:50 PM   | 6:00 PM     |
| 400m Dash                    | Boys  | 5:30 PM  | 5:40 PM   | 5:50 PM     |
| 300m Hurdles                 | Girls | 5:45 PM  | 5:55 PM   | 6:05 PM     |
| 300m Hurdles                 | Boys  | 5:55 PM  | 6:05 PM   | 6:15 PM     |
| 800m Run                     | Girls | 5:05 PM  | 6:15 PM   | 6:25 PM     |
| 800m Run                     | Boys  | 6:15 PM  | 6:25 PM   | 6:35 PM     |
| 200m Dash                    | Girls | 6:25 PM  | 6:35 PM   | 6:45 PM     |
| 200m Dash                    | Boys  | 6:35 PM  | 6:45 PM   | 6:55 PM     |
| 3000m Run                    | Girls | 6:45 PM  | 6:55 PM   | 7:05 PM     |
| 3000m Run                    | Boys  | 7:00 PM  | 7:10 PM   | 7:20 PM     |
| 4 x 400m Relay               | Girls | 7:15 PM  | 7:25 PM   | 7:35 PM     |
| 4 x 400m Relay               | Boys  | 7:25 PM  | 7:35 PM   | 7:45 PM     |
| 4 x 100 Relay                | Mixed | 7:35 PM  | 7:45 PM   | 7:55 PM     |